

GROATIA TRAVEL GUIDE



Travelling to a foreign country whether for business or pleasure should be an enjoyable time. However we are very aware that travelling when you have coeliac disease can cause a great deal of concern.

This local food guide aims to identify where to find gluten free products and venues (should they be available), to help you maintain a healthy gluten free diet throughout your visit.

Retail outlets

Large supermarkets include: Billa, Konzum, GM and Pharma.

Gluten free brands

Schaer.

Hotels and restaurants

The coeliac organisation may be able to provide some information, although the website is in Croatian. Some hotels may offer western style buffets, but be careful of contamination from serving utensils. If in doubt ask the chef for assistance.

Allergen labelling

Subject to EU food labelling regulations. Look out for 'ne sadrzi gluten' meaning gluten free.

Awareness

Coeliac disease is not well known in Croatia, so it is important to ensure that you are well prepared before you travel.

Coeliac organisation

Croatian Society for Coeliac Disease (non English)

Celiko centar, Tomašiceva 10, 10000 Zagreb

Web: www.celijakija.hr

Email: celiac@celijakija.hr

Phone: 00385 1 4576 072



vašem mišljenju smijem sigurno jesti, uključujući i domaće specijalitete. Isto tako, recite mi ako niste sigurni za neka jela.

Please can you advise me if you sell any gluten free products in your store?

Molim vas recite može li se kod vas kupiti namirnice bez glutena.

If not, please can you direct me to a store, health shop or pharmacy which may sell gluten free products.

Ako ne, molim vas možete li me uputiti u prodavaonice koje ih prodaju (Celiko centar u Tomašičevoj 10 u Zagrebu, DM, Konzum).

Thank you very much for your help.
Puno hvala na vašoj pomoći.

Visit www.coeliac.org.uk
or call us on **0333 332 2033**
for more information.

Whether you're eating out on the move, in restaurants, or shopping for gluten free food for you and your family, look out for our trusted symbols which mean we're working for you to make things better.



Useful phrases

I suffer from an illness called coeliac disease and have to follow a strict gluten free diet or I may become very unwell.

Bolujem od celiakije i moram biti na strogoj dijeti bez glutena ili ću se jako razboljeti.

I cannot eat any foods containing flours or grains of wheat, rye, barley or oats, for example soy sauce, pasta, semolina, bread, cakes and pastries.

Ne smijem jesti hranu koja sadrži brašno i žitarice (pšenica, raž, ječam i zob) kao štu su na primjer umak od soje, tjestenina, kukuruza krupica (griz), kruh, kolači i peciva.

As long as no wheat, rye, barley or oats are used in their preparation, I can eat all kinds of fruit and vegetables including potatoes, meat, fish, rice and quinoa.

Sve dok nisu upotrijebljeni pšenica, raž, ječam ili zob u pripremi jela, mogu jesti slijedeće: voće, povrće, uključujući krumpir, meso, ribu, rižu, quinou.

Please make sure that my dish is cooked without any breadcrumbs or batter.

Molim da mi se jelo pripremi bez glutena i da je kuhano bez krušnih mrvica, zgušnjivača ili zaprške.

Please advise me which dishes you are certain that I may eat safely? If you are unsure, please tell me.

Molim vas da me detaljno savjetujete koja jela po

Disclaimer: This travel leaflet has been produced in good faith. Coeliac UK is not a medical or professional body and the information in this guide should not be treated as a substitute for medical advice. Every endeavour has been made to ensure that the information in this guide is accurate and up to date at the time of printing. However, Coeliac UK is not in a position to guarantee the accuracy or currency of such information and does not accept responsibility for its use or misuse. If relying on the information contained in this guide when you are overseas, we recommend that you first make contact with the relevant foreign coeliac organisation, contact details for which are listed where available.

coeliacuk
live well **gluten free**

☎ 0333 332 2033

📘 facebook.com/CoeliacUK

📧 @Coeliac_UK

Registered office Coeliac UK,
3rd Floor Apollo Centre,
Desborough Road, High
Wycombe, Bucks HP11 2QW.
Tel: 01494 437278
Fax: 01494 474349

A charity registered in England and Wales (1048167) and in Scotland (SC039804) and a company limited by guarantee in England and Wales (3068044).

www.coeliac.org.uk